



Pre-Therapy

A workbook designed to help you prepare for therapy

This workbook will help you:

- Get a better understanding of therapy
- Find out if therapy may be right for you
- Know what to expect of your therapist and sessions
- Understand how to get the most out of therapy
- Prepare for entering therapy

What is therapy and what can I expect?

Talking therapies allow people to explore and find coping strategies for common mental health conditions, such as anxiety or depression.

Therapy through gaddum allows you to access 8 sessions (and an initial assessment) with a qualified or trainee therapist.

In the first instance you will be offered an assessment where one of our trained therapy assessors or therapists will gather information about you, so that we are able to match you with the best therapist for your needs.

You will then be offered 8 weekly sessions with a therapist. To get the most out of therapy, it is important to know what you would like to achieve in these sessions, so that your therapist can help you work towards your goals. As you progress through the sessions you will evaluate your progress with your therapist.

Why do people access therapy?

People access therapy for a variety of reasons, such as:

- Feelings of low mood or depression
- Stress
- Anxiety
- Social anxiety
- Unresolved feelings from the past which may still be effecting their thoughts and feeling.

To be able to achieve the most out of therapy in 8 sessions, it is a good idea to choose one issue to focus on at a time, during your sessions. This will allow you to have a focus for therapy, and you may find that the coping strategies you develop can be used in other areas.

What can therapy do?

Therapy can:

- Help you find coping strategies
- Help you understand where your feeling, thoughts and actions are coming from
- Allow you to talk through your situation with someone impartial
- Provide a safe space to explore your feelings
- Help you build resilience

Therapy cannot:

- Solve the problem/situation you are currently in (your therapist won't be able to give you advice)
- Solve any legal or financial issues
- “Fix” things on your behalf

What can I expect from my therapist?

Confidentiality

Your therapist will not discuss what you say in your sessions unless:

- They are required to by law (where there is a criminal investigation)
- They are concerned about your safety or the safety of others
- There is a concern about the welfare of a child
- You give specific permission

Professionalism

Your therapist will not judge you, your experiences or the way that you feel or think about the situation or what you are experiencing.

All our therapists and trainee therapists are registered with a professional body and abide by an ethics code.

What will be expected of me?

We hope that therapy will be a useful experience, and will help you address and explore unhelpful thoughts, feelings, and behaviours.

This is much more likely if you:

- Attend sessions weekly and complete the full 8 sessions (unless advised otherwise)
- Are willing to explore your thoughts and feelings
- Have a willingness to change patterns which are unhelpful to you, and consider how you may do that
- Take time to think about what you have discussed in your sessions
- Complete homework which your therapist may give to you in between sessions

What can I do to prepare for therapy?

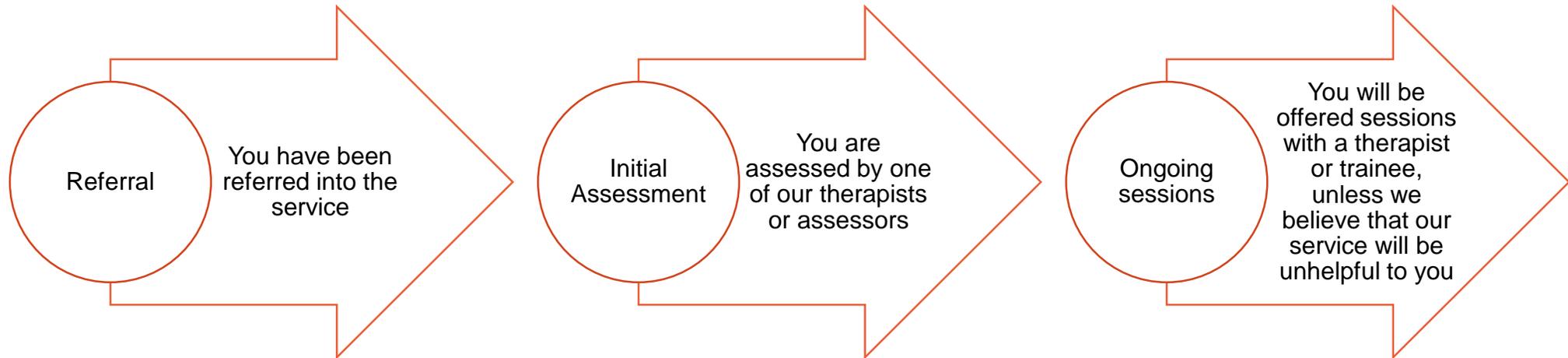
Preparing for therapy will help you get the most out of your sessions.

We suggest spending some time thinking about the below before your sessions begin:

- What do I want to achieve in therapy?
- What would I like to be different at the end of therapy?
- How do your feelings change – within a day, or over a longer period of time.
- Are there any specific events which change the way I feel?
- What do I do now to manage difficult feelings?

Next Steps

Once we receive your referral form it will progress as outlined below:



If you require any further information please contact us on 0161 834 6069 or info@gaddum.co.uk